



**Aging & Disability Resource Center  
of Jefferson County  
920-674-8734**

### **Information**

### **Assistance**

### **Resources**



## **Caregiver Handbook**

Brought to you by the Caregiver Coalition  
of Jefferson County

The mission of the Caregiver Coalition is to provide education, support, networking and advocacy for individuals who provide care and support at home, in the community or in a care facility to an individual who is chronically ill, elderly or living with a disability.

## ARE YOU A CAREGIVER?

Families—not institutions—provide the majority of care to chronically ill and disabled loved ones. You are a caregiver if you routinely provide supervision and/or assistance to another individual who is elderly, disabled, chronically or terminally ill.

The Aging and Disability Resource Center (ADRC) of Jefferson County is the first place to call to help you learn about community resources that are available to you, programs that can help fund services and educational opportunities to help you care for the people you love.

This booklet has been developed by the ADRC and Jefferson County Caregiver Coalition to provide you with information that focuses on *YOU*, the Caregiver. Our goal is to help link you to the services you are looking for, no matter where you start. We adhere to a “no wrong doors” philosophy in order to support and guide you on your caregiving journey.

*Don't let your mind bully your body into believing it must carry the burden of its worries.*  
Astrid Alauda

### Did you know?

1 in 4 adults are caregivers

65.7 million caregivers make up 29% of the U.S. adult population providing care to someone who is ill, disabled or aged.

- 52 million caregivers provide care to adults (aged 18+) with a disability or illness.
- 43.5 million care for someone 50+ years of age and 14.9 million care for someone who has Alzheimer's disease or other dementia.
- More women than men are caregivers: an estimated 66% of caregivers are female. One-third (34%), takes care of two or more people, and the average age of a female caregiver is 48.
- Many caregivers of older people are themselves older. Of those caring for someone aged 65+, the average age of caregivers is 63 years with one third of these caregivers in fair to poor health.



## CAREGIVING: ARE YOU UP TO IT?

Caregiving is hard work. It can be extremely satisfying, but it can also be demanding, both physically and emotionally. It can cause additional stress within a relationship and can result in financial hardship. Caregivers often put their needs on hold and unintentionally begin neglecting themselves and others in their families.

In order to continue to provide the best care possible, caregivers need to take care of themselves first. If you are a caregiver, there are many things that you can do:

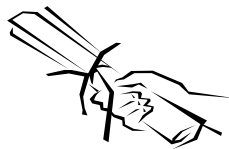
- Get enough sleep
- Take a break every day
- Exercise
- Eat a balanced diet
- Drink plenty of water
- Communicate your needs to others
- Get regular medical care for yourself
- Connect with other caregivers
- Recognize the signs of stress early
- Talk to your family about what you need
- Develop a support system
- Continue to do things that interest you
- Learn more about your loved one's health issues
- Keep a log to jot down concerns you need to discuss with home care or medical providers
- Make a list of things that you could use help with
- Keep humor in your life
- Acknowledge that you are human, have limitations and make mistakes
- Ask for & accept help

While we may not be able to control all that happens to us, we can control what happens inside us.

Benjamin Franklin

# CAREGIVER'S BILL OF RIGHTS

- Caregivers have the right to appreciation and emotional support for their decision to accept the challenge of providing care.
- Caregivers have the right to protect their assets and financial future without severing their relationship with the care receiver.
- Caregivers have the right to respite care during emergencies and in order to care for their own health, spirit, and relationships.
- Caregivers have the right to expect all family members, both men and women, to participate in the care for aging relatives.
- Caregivers have the right to provide care at home as long as physically, financially and emotionally feasible; however, when it is no longer feasible caregivers have the obligation to explore other alternatives, such as a residential care facility.
- Caregivers have the right to receive sufficient training in caregiving skills along with accurate understandable information about the condition and needs of the care recipient.
- Caregivers have the right to temporarily alter their premises as necessary to provide safe and livable housing for care receivers.
- Caregivers have the right to accessible and culturally appropriate services to aid in caring for aging care receivers.
- Caregivers have the right to expect professionals, within their area of specialization, to recognize the importance of palliative (ease without curing) care and to be knowledgeable about concerns and options related to older people and caregivers.
- Caregivers have the right to a sensitive, supportive response by employers in dealing with the unexpected or severe care needs.



# SPIRITUALITY



*When our eyes see our hands doing the work of our hearts,  
the circle of creation is completed inside of us,  
the doors of our souls fly open and  
love steps forth to heal everything in sight.*

Michael Bridge

## **5 Ways to Celebrate Spiritual Wellness**

Marie Kirkland, The Articles Factory

- Nurture your inner self with an everyday retreat. Take some time away from your busy schedule and create a retreat at a place where you feel peace-filled and connected to your source. This could be at the beach, the mountains or your favorite spa.
- Create or redefine your life vision and purpose statement. A retreat is the perfect place for journaling and looking within. This may be the perfect place to create or redefine your life vision and purpose statements. We are very familiar with the importance of a vision and purpose statement for business, however, creating these statements for your life will help you bring clarity, meaning and direction to every area of your life especially your career or business.
- Connect your vision with your heart by defining your guiding principles. Your guiding principles are the philosophy of how you live your life regardless of changes in your goals, career or relationships. It is a barometer in which to gauge if you are on target with your actions and decision.
- Live in harmony. Decide to live each day in harmony by aligning your vision, purpose and guiding principles with every area of your life to include your career or business.
- Have fun. Do something that you absolutely love doing and that allows you to feel connected to your source and your life purpose.

# FINANCIAL & LEGAL CONSIDERATIONS

As a caregiver you may be faced with making medical and financial decisions about your loved one. Long-term financial planning is very important for all parties involved and is crucial for many reasons; however, first and foremost, early planning offers you the opportunity to be involved in helping your loved one make plans for their own future. Following are some things to consider:

## Advanced Directives : Health & Finances

- **Power of Attorney for Health:** This document authorizes other individuals (called health care agents) to make health care decisions on another persons behalf should they become incapacitated;
- **Power of Attorney for Finances** allows individuals to plan for future financial decision-making even if you are unable to make your own decisions;
- **Declaration to Physicians—Living Will** allows individuals to state their preferences about life sustaining procedures in the event of terminal illness or if in a persistent vegetative state.

You do not need to go to an attorney to set up an advance directive. Although care should be taken when completing a power of attorney for finances because they can give the individual designated unintended power of an individual's finances.

## Estate Planning: Trusts & Wills

These instruments direct how an individual's property will be allocated after they die. Trusts differ from wills in that they can take effect during the owner's lifetime. To establish a trust, you will need to talk to an attorney. It is also suggested that you see an attorney when establishing a will, unless the estate is very small, i.e. few assets or personal property. Once planning is complete, keep the documents in a safe place and remember where they are kept!

## Managing Medical Expenses

The cost of caring for an individual with long term care needs can have a considerable impact on the individual or couples finances. As a caregiver you will need to:

1. Understand what coverage is provided by medical insurance;
2. Investigate the feasibility of Long- and Short-Term Disability Insurance;
3. Understand Medicare;
  - Basic Coverage
  - Home Health Coverage,
  - Skilled nursing Facility Coverage, and
  - Prescription Drug Coverage.

4. Review the Medicare Supplemental Insurance Policy;
5. Become familiar with the Medicaid Program;
  - Non-Financial Eligibility Requirements;
  - Financial Eligibility Requirements;
  - Estate Recovery; and
  - Reporting Requirements.

The Elderly and Disability Benefit Specialists at the ADRC are experts in this area and are available to answer your questions.

### **Burial: Why Preplan?**

Arranging a funeral or memorial service for a loved one can be a challenging task during an already difficult time. In addition to managing feelings of grief and loss, there are many important decisions that must be made within a relatively short period of time. Family and friends want to honor the wishes of their loved one, but often do not know the best way to do things.

Preplanning a funeral or memorial service is something important that your loved one can do for you. It can provide them comfort in knowing that the services reflect their wishes. Preplanning can lessen the stress on loved ones who would otherwise have to make difficult decisions at a time when they may not be best prepared to do so.

A funeral director can help you through this process and can also discuss any financial concerns you might have including setting up burial trusts and designating life insurance proceeds toward funeral expenses.

#### Some things to consider:

Will the costs for your funeral and burial be set and guaranteed at today's prices?

Do you wish a traditional or memorial service? Religious, fraternal, military or secular?

Will your funeral be public or private? Simple or elaborate?

Where will your funeral be held? Day or evening?

Have you chosen a funeral director or presider?

Will there be a visitation prior to the service? Photos or other remembrances displayed?

What type of casket and clothing do you prefer? Flowers and music?

Who should handle the eulogy and designated readings? Preferred pallbearers?

Have you made cemetery arrangements? Memorial and inscription?

Will your remains be buried, entombed or cremated? If cremated, will your remains be saved or scattered? Where?

What charitable organizations should receive memorial donations?

Other special wishes?

## RESOURCE DIRECTORY

### Adaptive Aids/Equipment

Adaptive aids or equipment are tools designed to help people with disabilities be more independent. These products are used to compensate for impairments or accomplish tasks and are typically used on a daily basis.

### Adult Day Care

An Adult Day Care facility provides services for part of a day in a group setting to adults who need assistance with activities of daily living and supervision. In-turn caregivers are provided with “respite” or a break in caregiving responsibilities. Services may include personal care, provision of meals, medical care, medication administration, transportation and activities designed to meet physical, social, and leisure time needs.

Capabilities  
N2489 Wenham Road  
Fort Atkinson, WI  
920-568-9705

Dreamcatchers Adult Day Care  
218 W. Blackhawk Drive  
Fort Atkinson, WI  
920-563-8554

Elite Day Services  
1101 South Grove Avenue  
Jefferson, WI  
920-988-2524

Golden Options Adult Day Care  
N4637 County Hwy Y  
Jefferson, WI  
920-674-8252

Reflections Adult Day Care  
511 Madison Avenue  
Fort Atkinson, WI  
920-568-9233

### Adult Family Homes

Adult family homes are residential homes licensed or certified to care for 4 or less adults. They provide room, board, laundry, supervision, personal care and respite care. There are many adult family homes located in Jefferson County and the list is too extensive to be included here. Those listed here offer respite services. For a complete listing of all homes, please call the ADRC for options.

### Aging & Disability Resource Centers (ADRC)

ADRC's are the first place to go to get accurate, unbiased information on all aspects of life related to aging or living with a disability. Aging & Disability Specialists are highly skilled in helping people review all of the options available to them within their own homes and communities.





Of Jefferson County  
1541 Annex Road  
Jefferson, WI  
920-674-8734  
866-740-2372 (toll free)  
920-674-5011 (TTD)  
800-947-3529 (TTY)

*Helping to serve and support caregivers  
by connecting them to resources that  
help them provide compassionate,  
dignified care to their loved one.*

## **Alzheimer's Association**

The Alzheimer's Association provides supportive programs and services to help people with AD and other dementia's and their caregivers.

Alzheimer's Association of Southeastern WI  
620 South 76th Street, Suite 160  
Milwaukee, WI  
414-479-8800  
800-272-3900 Helpline 24/7

## **Alzheimer's Family Caregiver Support Program**

The AFCSP is a state funded program that provides financial assistance to families when someone has been given a dementia diagnosis. Funding is contingent upon the family or individual's financial situation. It can be used for a variety of long term care services/supplies. For more information, please call the ADRC and ask for the AFCSP Program Coordinator.

## **Benefit Specialists**

Elder and disability benefit specialists help people access public benefits and they are experts when it comes to publicly funded programs, such as Medicare, Medicaid, Food Share, Social Security Retirement & Disability, Supplemental Security Income, Senior-Care and private health insurance. Elder benefit specialists work with people 60+ and disability benefit specialists work with people ages 18-59. For more information please call the ADRC.

## **Caregiver Education & Support**

Educational groups provide caregivers with information about health & wellness, tips for caregiving, suggestions for communicating with someone with Alzheimer's Disease or talking to your doctor, in addition to a variety of other topics.

Support groups provide caregivers with a place to get together to share their thoughts, concerns and feelings with others who are in similar situations. They often provide people with information about resources that are available to them to help lessen the stress related to caregiving.

## Caregiver Support Groups

Alzheimer's Support Group  
Hearthstone/Fairhaven  
426 W. North Street  
Whitewater, WI 53190  
262-473-8052

1st Thursday  
1:30 p.m.

Alzheimer's Support Group  
Golden Living Center  
121 Hospital Drive  
Watertown, WI  
262-261-9220

3rd Wednesday  
6:30 p.m.—8:00 p.m.

Alzheimer's Support Group  
Reflections Adult Day Care  
511 Madison Avenue  
Fort Atkinson, WI  
920-568-9233

3rd Monday  
4:30 p.m.—5:30 p.m.

Alzheimer's Support Group  
Marquardt Village  
Anna Nitschmann Apartments  
1035 Hill Street  
Watertown, WI  
920-262-0923

3rd Tuesday  
3:30 p.m.—4:30 p.m.

## Grief Support Groups

Grief support groups help people to cope with grief, death, and major losses. Support groups help people through the stages of grief and the grieving process through supportive listening and shared experiences.

Rainbow Hospice  
2nd Wednesday  
10:30 a.m.—11:30 a.m.

Rainbow Hospice  
1st Wednesday  
6:30 p.m.—7:30 p.m.

Rainbow Hospice  
1st Monday  
8:30 a.m.—10:30 a.m.

Jefferson Area Grief Support  
Jefferson Senior Center  
859 Collins Road  
Jefferson

Fort Atkinson Area Grief Support  
Dwight D. Foster Library  
209 Merchants Avenue  
Fort Atkinson

Monday Morning Joe  
Rainbow Hospice Inpatient Unit  
1225 Remmel Drive  
Johnson Creek

Support Groups are open to anyone with interest or a need.

## Caregiver Education

Please call the ADRC to see what programs are currently available.

## Community Based Residential Facilities (CBRF's)

CBRF's are congregate living facilities that care for 5 people or more. They can be small or very large. Like adult family homes they provide room, board, laundry, supervision, personal care and respite care. Those listed here offer respite services. For a complete listing of all homes, please call the ADRC.

Autumn Winds of Oakland  
N3767 Oakland Road  
Cambridge, WI  
608-423-9300

Birch Terrace  
1109 Caswell Street  
Fort Atkinson, WI  
920-568-4509

Blackhawk Senior Residence  
1 Milwaukee Avenue  
Fort Atkinson, WI  
920-563-1480

Brook Gardens  
300 O'Neill Street  
Lake Mills, WI  
920-648-5760

Eagle View Manor  
881 Collins Road  
Jefferson, WI  
920-674-2260

Sunset Ridge Assisted Living  
1275 Remmel Drive  
Johnson Creek, WI  
920-728-0071

London Lodge I & II  
W9095 London Road  
Cambridge, WI  
920-648-3171

Sienna Crest  
1531 Commonwealth Drive  
Fort Atkinson, WI  
920-568-1840

St. Coletta Padua Heights  
724 East Racine Street  
Jefferson, WI  
920-674-8304

Sylvan Crossings of Jefferson  
279 North Jackson Avenue  
Jefferson, WI  
920-674-0698

Wellington Meadows  
N2550 Memorial Drive  
Fort Atkinson, WI  
920-563-2199

Wellington Place  
200 S. Water Street  
Fort Atkinson, WI  
920-563-6959

Zinzendorf Hall  
1148 Bayberry Drive  
Watertown, WI 53094  
920-261-5655

**TIP:** Please note that some facilities accept private pay individuals only, so please be sure to ask up front when calling to make arrangements.

## Emergency Response Systems

Emergency response systems help people access assistance when they need it. Individuals typically wear a necklace with a button to push in an emergency, i.e. a fall. In response to the alert, a series of calls are placed to check on the individual; if no response is received, the EMS is dispatched.

**Fort Atkinson Care Line**  
611 East Sherman Avenue  
Fort Atkinson, WI  
920-568-5275

**Marquardt at Home**  
1020 Hill Street  
Watertown, WI  
920-261-7108

## Hospice Care

Hospice care is provided to individual's who have been diagnosed with a terminal condition that is expected to result in death within 6 months. Care provided includes services and supports specifically targeted toward the caregiver. Hospice care can be provided in an individual's home, an assisted living environment, nursing home or inpatient hospice facility.

**Asceracare Hospice**  
121 Hospital Drive  
Watertown, WI  
920-206-9812

**Heartland Hospice**  
1233 N. Mayfair Rd., Suite 100  
Mayfair, WI  
866-216-5708

**Agrace Hospice**  
Madison, 608-276-4460  
Janesville, 608-276-4660

**Marquardt at Home**  
1020 Hill Street  
Watertown, WI  
920-206-6202

**Rainbow Hospice Care**  
147 W. Rockwell Street  
Jefferson, WI  
920-674-6255  
888-439-8276

**ProHealth Home Hospice**  
N17 W24100 Riverwood Drive  
Waukesha, WI  
262-928-7444

## Home Health, Personal & Supportive Home Care

### Home Health Care

Home Health Care provides the skilled services of nursing, physical therapy, occupational therapy, speech therapy, social work and home health aides to patients recovering from illness or injury. Care is provided in the comfort of the patient's home environment and is directed at restoring the individual to their prior level of health and then to help them maintain the maximum level of comfort, function and health.

### Personal Care

Personal Care provides non-skilled services such as assistance with bathing, dressing,

skin care, toileting, mobility, shaving, shampooing, oral care, transfers, meal preparation, assistance with feeding, medication reminders, respite and/or overnight care.

**Supportive Home Care** provides assistance with light housekeeping, laundry, garbage removal, washing dishes and grocery shopping.

**BrightStar**  
20 South Main Street, Suite 13  
Janesville, WI  
608-314-8501

**Country Nurses**  
313 N. Main Street  
Jefferson, WI  
920-674-6642

**Comfort Keepers**  
Serving Jefferson County  
262-542-5800 (Oconomowoc)  
608-442-1898 (Madison)

**Fort Health Care Home Health\***  
715 Sherman Avenue E  
Fort Atkinson, WI  
920-568-5000

**Jefferson County Health Dept.**  
1541 Annex Road  
Jefferson, WI  
920-674-7275

**Heartland Home Health Care\***  
1233 N. Mayfair Road, Suite 100  
Milwaukee, WI  
866-216-5708

**Marquardt at Home\***  
1020 Hill Street  
Watertown, WI  
920-261-7108

**Prohealth Home Health Care\***  
N17 W24100 Riverwood Drive  
Waukesha, WI  
262-928-7444

**Samaritan Care**  
P.O. Box 550  
Oconomowoc, WI  
800-866-8341

**Trinity Home Care**  
540 A. Village Walk  
Johnson Creek, WI  
920-699-4080

**Visiting Angels**  
745 S. Main Street. Suite 2  
Fort Atkinson, WI  
920-568-1051

\* = Medicare certified Home Health Agencies

### **National Family Caregiver Program**

The NFCSP program provides five core services to caregivers, including information, assistance, support, respite care and supplemental services. Funding is available on a limited basis to help pay for needed services. The program serves caregivers who fit in the following categories: 1) They are caring for someone with dementia (any age), ; 2) They are caring for someone aged 60+, or 3) They are age 60+ and are caring for an adult child with a disability.

For more information, please call the ADRC and ask to speak to the Caregiver Support Coordinator.

## Nutrition

The county-run Senior Dining program provides congregate or home delivered meals to caregivers and their loved ones on a Monday-Friday basis. Meals meet the requirement of *My Plate*, which is from the 2010 Dietary Guidelines released by the US Department of Agriculture. This program has been especially helpful to caregivers who work and are not available to make a noon meal. There are also private meals programs in the county. For more information, please contact the ADRC.

## Prevention

Once you burn out, caregiving is no longer a healthy option for either you or the person you're caring for. So it's important to watch for the warning signs of caregiver burnout and take action right away when you recognize the problem.

- **Learn as much as you can.** Gain knowledge about your family member's illness and about how to be most effective. The more you know, the more effective you'll be, and the better you'll feel about your efforts.
- **Know your limits.** Be realistic about how much of your time and yourself you can give. Set clear limits, and communicate those limits to doctors, family members, and other people involved.
- **Accept your feelings.** Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. As long as you don't compromise the well-being of the care receiver, allow yourself to feel what you feel.
- **Confide in others.** Talk to people about what you feel; don't keep your emotions bottled up. Caregiver support groups are invaluable, but trusted friends and family members can help too.

## Publicly Funded Long Term Care Programs

Managed Care (Family Care and Partnership) and IRIS, Include Respect, I Self Direct, the self directed supports waiver program are available in Jefferson County providing that an individual is both functionally and financially eligible. These programs are intended to help the elderly or persons with disabilities get the long term supportive services they need to stay in their own homes. The ADRC is responsible for determining eligibility and providing options counseling to interested individuals.

## Residential Care Apartment Complexes

RCAC's offer independent apartment units in which the following services are provided: room and board, up to 28 hours per week of supportive care, personal care, and nursing services. They also offer respite.

Highland House  
161 Goehl Road  
Waterloo, WI  
920-478-4193

Riverwood Assisted Living  
1301 East Main Street  
Watertown, WI  
920-567-0100

Dedicated respite apartment on 1st floor

## Respite

Respite provides temporary relief for caregivers. In Jefferson County respite is provided by family members, friends, volunteers, adult day care, assisted living, nursing homes, home care agencies and privately paid providers.

**Reaching out Respite  
Fort Atkinson & Lake Mills**

**Contact: Fort Health Care  
920-568-5200**

## Skilled Nursing Facilities

Skilled Nursing Facilities or nursing homes, provide services to the elderly or persons with disabilities who need skilled nursing care, appropriate medical monitoring and assistance with activities of daily living. Many times people go to nursing homes for rehabilitation after a medical set-back. These facilities also provide respite care and are a good option for someone with high needs.

**Alden Estates  
1130 Collins Road  
Jefferson, WI  
920-674-3170**

**Fairhaven Senior Services  
435 W. Starin Rd.  
Whitewater, WI  
262-473-2140**

**Golden Living Center  
430 Wilcox Street  
Fort Atkinson, WI  
920-563-5533**

**Golden Living Center  
121 Hospital Drive  
Watertown, WI 53094  
920-261-9220**

**Marquardt Health Center  
1020 Hill Street  
Watertown, WI  
920-261-0400**

**Willowbrook Nursing & Rehab  
901 Mulberry Street  
Lake Mills, WI  
920-648-8344**

## Transportation

There are several transportation options available in Jefferson County, including taxi service, accessible vans, volunteer drivers and the ADRC van.

**ADRC of Jefferson County**

**920-674-8104**

- Volunteer Drivers for Medical
- Van Service for Grocery Shopping
- Veterans Van for Madison VA

**Bethesda Lutheran Communities  
Brown Cab Company  
Fish Volunteers-Fort Atkinson  
Fish Volunteers-Jefferson  
LaVigne's Bus Company**

**920-261-6526\*  
920-563-6303\*  
920-563-9555  
920-674-3557  
920-563-1515\***

MTM, Inc.	866-907-1493*
Passenger Transit-Watertown	920-261-7433*
St. Coletta of WI	920-674-4330*
Your Friends-in-Action	920-674-4548

\* offers specialized transportation for persons on Medicaid

The hours of operation and passenger fares vary by the type of transportation provided.

### **Veteran's Service Office**

The Jefferson County Veterans Service Office Staff assists veterans in securing benefits from both the Wisconsin and the Federal Department of Veterans Affairs. The office provides applications for VA Hospital care; processes disability and pension claims; helps locate military service records; helps acquire medals for veterans; process veterans' death claims, assists in processing dependent claims, including government insurance, Presidential Certificates, flag-holders and headstones.

The office also assists qualifying veterans in applying for the Aid and Attendance Program which provides benefits for veterans who require the regular assistance of another person.

To inquire about programs that may help you care for your loved one, please call the Veterans Services Officer.

**Jefferson County Veteran's Service Office**  
**320 South Main Street**  
**Jefferson, WI**  
**920-674-7240**



## **Volunteer & Faith-Based Organizations**

Volunteer and Faith Based Organizations assist caregivers in many ways, including:: friendly visits, shopping, transportation, chore services (yard work/snow removal), meal preparation/delivery, respite care and home repair. The services listed above are all provided by:

**Your Friends-in-Action**  
*Caring Hearts, Helping Hands*  
164 W. Garland Street  
Jefferson, WI 53549  
920-674-4548

Many congregations also provide these services to parishioners, as well.

## **Parish Nurse Services.**

Parish nurses function within the parameters of seven (7) major roles. These are:

**Health Educator** – focusing on a variety of educational activities for all ages that explore the relationship between values, attitudes, lifestyle, faith and health.

**Personal Health Counselor** – assisting individuals to deal with health issues and problems and may include hospital, home, nursing home, etc. visits.

**Referral Agent** – providing congregational and community resources for healing and wellness.

**Health Advocate** – encouraging all systems (congregant, faith community, primary health resources) to find the best solution for healing and wholeness - body, mind and spirit.

**Facilitator of Volunteers** – recruiting and coordinating resources within the faith community to serve in its various health ministries.

**Developer of Support Groups** – facilitating the development of support groups to meet member needs and those of the external community.

**Integrator of Faith and Health** – seeking, in all activities and contacts, to promote the understanding of the relationship between faith and health

Please call your parish for more information about services provided by Parish Nurses or volunteers.

## Web Addresses:

ADRC of Jefferson County	<a href="mailto:www.adrc@jeffersoncountywi.gov">www.adrc@jeffersoncountywi.gov</a>
Agrace Hospice Care	<a href="http://www.agracehospicecare.org">www.agracehospicecare.org</a>
Alden Estates of Countryside	<a href="http://www.aldenestatesofcountryside.com">www.aldenestatesofcountryside.com</a>
Alzheimer's Association	<a href="http://www.alz.org">www.alz.org</a>
Asera Care Hospice	<a href="http://www.hospice.aseracare.com">www.hospice.aseracare.com</a>
Bright Star	<a href="http://www.brightstarcare.com">www.brightstarcare.com</a>
Capabilities Adult Day Care	<a href="http://www.abilitiesinc.us">www.abilitiesinc.us</a>
Comfort Keepers	<a href="http://www.comfortkeepers.com/office-805">www.comfortkeepers.com/office-805</a>
Country Nurses Inc.	<a href="http://www.countrynurses.com">www.countrynurses.com</a>
Dreamcatchers Adult Day Care	<a href="http://www.abilitiesinc.us">www.abilitiesinc.us</a>
Elite Day Services	<a href="http://www.elitedayservices.com">www.elitedayservices.com</a>
Fairhaven Senior Services	<a href="http://www.fairhaven.org">www.fairhaven.org</a>
Golden Living Centers	<a href="http://www.goldenlivingcenters.com">www.goldenlivingcenters.com</a>
Golden Options Adult Day Care	<a href="http://www.stcolettawi.org">www.stcolettawi.org</a>
Heartland Hospice	<a href="http://www.heartlandhospice.com">www.heartlandhospice.com</a>
Hospice Care Inc.	<a href="http://www.hospicecareinc.com">www.hospicecareinc.com</a>
Jefferson county Health Dept.	<a href="http://www.jeffersoncountywi.gov">www.jeffersoncountywi.gov</a>
Jefferson County Veterans Office	<a href="http://www.jeffersoncountywi.gov">www.jeffersoncountywi.gov</a>
Heritage Homes	<a href="http://www.TLHA.org">www.TLHA.org</a>
Marquardt Village	<a href="http://www.marquardtvillage.org">www.marquardtvillage.org</a>
Prohealth Home Care & Hospice	<a href="http://www.prohealthcare.org">www.prohealthcare.org</a>
Rainbow Hospice Care	<a href="http://www.rainbowhospice.org">www.rainbowhospice.org</a>
Riverwood Assisted Living	<a href="http://www.riverwoodassistedliving.com">www.riverwoodassistedliving.com</a>
Your Friends in Action	<a href="http://www.yourfriendsinaction.org">www.yourfriendsinaction.org</a>
Visiting Angels	<a href="http://www.visitingangels.com">www.visitingangels.com</a>
Willowbrook Nursing & Rehab	<a href="http://www.willowbrookskillednursing.com">www.willowbrookskillednursing.com</a>

**Assist Guide** = a web based option for searching for resources. The link can be found on the ADRC's home page @ [www.jeffersoncountywi.gov](http://www.jeffersoncountywi.gov)

## Books & On-line Resources

*Mothering Mother: A Daughter's Humorous and Heartbreaking Memoir* by Carol O'Dell, Published by Kunati, 2007. "Mothering Mother touches on what our relationships do to us, how they impact our souls, our beliefs about ourselves, about life and the quality of life, about faith and hope and finally, about death."

*The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers* by Maria M. Meyer with Paula Derr, RN, Care Trust Publications, Portland, Oregon, c.1998, won 1999 Benjamin Franklin award in health category - useful and practical, with big print and drawings of caregiving situations and assistive devices (how to arrange furniture to accommodate a wheelchair, how to transfer from bed to wheelchair with and without a transfer belt).

*Caring for Yourself While Caring for Your Aging Parents: How to Help, How to Survive* by Claire Berman, published by Henry Holt and Company, Inc., c.1996, 2001 - this book addresses emotional needs and stresses of caregivers, has a good explanation of adult/child and sibling feelings, nice long distance caregiver section, rewards of caregiving as well as reasons some people should not become hands-on caregivers.

*The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own* by Gary Barg, Editor, c. 2001, published by Capital Books Inc., Herndon, Virginia. This book has information from experts, is readable, has celebrity caregiver interviews, poetry, etc. It's for all caregivers, not just for children of aging parents. It is a collection of writing by various writers, many of them caregivers, so it is not a comprehensive information book. It is enjoyable and comforting.

*Caregiving: The Spiritual Journey of Love, Loss, and Renewal* by Beth Witrogen Mcloud, New York, John Wiley and Sons, 1999, New York. This book talks about the caregiver's spiritual and emotional journey, the compassionate heart and the urge to care, as well as more practical matters. It has interesting stories and advice for spousal caregivers and for children of aging parents. It is a comforting book, and it helps a caregiver see the meaning and value of providing care to another human being.

*The 36-Hour Day* by Nancy L. Mace & Peter V. Rabins, Warner Books, 2006. This book is written for those family members who have taken on the responsibility of being the caregiver for someone with dementia. It also offers information for other family members who, while not in a direct caregiving role,

AARP	<a href="http://www.aarp.org">www.aarp.org</a>
Administration on Aging	<a href="http://www.aoa.gov">www.aoa.gov</a>
Family Caregiving 101	<a href="http://www.familycaregiving101.org/">www.familycaregiving101.org/</a>
National Family Caregiver Alliance	<a href="http://www.caregiver.org/">www.caregiver.org/</a>
Today's Caregiver	<a href="http://www.caregiver.com/">www.caregiver.com/</a>
Wisconsin Caregiver	<a href="http://www.wisconsincaregiver.org/">www.wisconsincaregiver.org/</a>

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